

I'm human



Psychosocial counselling courses in zambia

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****Educational Requirements for Medical Professionals**** To pursue a career in medical services, one typically needs: * A full grade twelve certificate with credits or better, covering subjects like English, Mathematics, Biology, and one Science subject. * Alternatively, completion of A Levels or an equivalent health-related qualification can also be acceptable. For those already working in the field, cadres holding diplomas in medical sciences, such as Clinical Officer General, Environmental Health Technologist, Pharmacy Technology, or Radiographer, may find their first-year courses covered during their diploma level. ****Anger Management Strategies**** Understanding Anger: * A normal emotion * Protective mechanism * Signals needs or boundaries Types of Anger: * Assertive anger (healthy) * Aggressive anger (harmful) * Passive-aggressive anger (indirect) Causes of Anger: * Stress * Frustration * Fear * Hurt * Injustice Signs of Anger: * Raised voice * Increased heart rate * Tight muscles * Irritability * Aggressive behavior Consequences of Unmanaged Anger: * Relationship damage * Physical harm * Mental health issues (depression, anxiety) * Work-related problems * Legal issues Anger Management Techniques: * Deep breathing * Exercise (physical release) * Mindfulness meditation * Journaling (emotional release) * Time-outs (cool-down) Communication Strategies: * Active listening * "I" statements (express feelings) * Assertive expression (clear boundaries) * Problem-solving (collaborative) * Empathy (understand others) Seeking Help: * Counseling (individual, group) * Anger management classes * Support groups * Online resources * Mental health professionals ****Course Outline: Diploma in Social Work and Counseling**** This comprehensive course combines the principles of social work and counseling, providing students with a solid understanding of human behavior, social systems, and policy. The course will cover topics such as: First Semester: 1. Introduction to Social Work and Counseling (SWC 101) 2. Human Behavior and Social Environment (SWC 102) 3. Counseling ****Diploma in Social Work and Counseling**** The Diploma program in Social Work and Counseling spans over three semesters, covering various aspects of social work practice. ****First Semester**** Modules include: * Social Policy and Advocacy (SWC 104) * Research Methods in Social Work and Counseling (SWC 105) ****Second Semester**** Core modules cover: * Social Work Practice with Individuals (SWC 201) * Group Counseling and Psychotherapy (SWC 202) * Family Therapy and Systems Intervention (SWC 203) * Mental Health and Substance Abuse (SWC 204) * Child and Family Welfare (SWC 205) ****Third Semester**** Advanced modules include: * Advanced Social Work and Counseling Practice (SWC 301) * Trauma and Crisis Intervention (SWC 302) * Gerontology and Aging (SWC 303) * Diversity and Cultural Competence (SWC 304) * Elective Course (SWC 305) ****Elective Courses**** Options include: * Medical Social Work * School Counseling * Community Development * Addiction and Substance Abuse Counseling * Play Therapy ****Practical Components**** * Fieldwork Practicum (200 hours) * Internship (400 hours) * Case Studies and Group Discussions ****Assessment**** Methods include: * Written exams * Assignments and case studies * Fieldwork and internship evaluations * Research project presentation ****Certification**** Upon completion, graduates are eligible for certification with: * Counselling Association of Zambia (CAZ) * Association of Social Work Boards (ASWB) * American Counseling Association (ACA) ****Career Opportunities**** Potential roles include: * Social Worker * Counselor * Case Manager Paradigm shift towards managing arts management in special populations, including pregnancy and pediatrics, as well as palliative care and pain management. **####** Module 7: HIV Policy and Advocacy * Global HIV policies and frameworks * National HIV policies and programs * Advocacy and community mobilization **####** Module 8: Research and Surveillance * HIV research methods and ethics * Surveillance and monitoring and evaluation (M&E) * Data analysis and interpretation **####** Module 9: Ethics and Human Rights * HIV-related stigma and discrimination * Human rights and HIV * Ethical considerations in HIV research **####** Module 10: Program Management and Leadership * HIV program planning and implementation * Leadership and management * Resource mobilization and funding **####** Practical Components 1. Clinical attachments 2. Community outreach and education 3. Research project **####** Assessment 1. Written exams 2. Assignments and case studies 3. Practical assessments 4. Research project presentation **####** Target Audience * Healthcare professionals * Public health specialists * Social workers * Community health workers * HIV program managers **####** Certification Upon successful completion, participants will receive a Diploma in HIV/AIDS Management. Similarities exist between counselling psychology and mental health counselling, but distinct differences arise. Counselling psychology focuses on personal growth, self-awareness, and developmental issues, emphasizing the therapeutic relationship and client's subjective experience. It often uses humanistic, existential, or psychodynamic approaches, requiring a doctoral degree (Ph.D. or Psy.D.) for professionals to work in private practice, research, or academia. Mental health counselling, on the other hand, focuses on treating mental health disorders like anxiety, depression, and trauma, emphasizing evidence-based practices and treatment outcomes. It addresses symptoms, coping skills, and behavioral changes, often using cognitive-behavioral, solution-focused, or trauma-informed approaches, with professionals typically holding a master's degree (M.A. or M.S.) to work in healthcare settings, clinics, or community organizations. Key differences include the focus on personal growth versus symptom reduction, approach, education, and settings. Counselling psychology tends to require licensure requirements that vary, whereas mental health counselling often requires licensure as a mental health counselor. Despite these distinctions, both fields share similarities, such as helping individuals cope with challenges, using therapeutic relationships for growth, and addressing emotional, cognitive, and behavioral aspects. Professional titles include Counselling Psychologist (CP), Mental Health Counselor (MHC), Licensed Professional Counselor (LPC), and Licensed Mental Health Counselor. 5. Tummy troubles like constipation or diarrhea 6. Loss of interest in romance ***Behavioral Signs*:** 1. Not wanting to hang out with friends or family 2. No longer enjoying hobbies or passions 3. Trouble focusing or making decisions 4. Putting things off or not getting work done 5. Using drugs or booze too much 6. Self-destructive behaviors like hurting oneself or having suicidal thoughts ***Brain Fog Symptoms*:** 1. Being really hard on yourself 2. Thinking in all-or-nothing terms or catastrophizing 3. Trouble remembering stuff or learning new things 4. Not being able to focus or pay attention 5. Getting stuck in a loop of negative thoughts ***Warning Signs*:** 1. Suicidal thoughts or actions 2. Taking more risks than usual 3. Mood swings or sudden changes in behavior 4. Pulling away from friends and family 5. Not taking care of personal hygiene or appearance ***Hidden Depression Symptoms*:** 1. Depression hiding behind anger or substance abuse 2. Still doing daily tasks despite being depressed 3. Smiling on the outside while being depressed inside ***Recognizing Depression in Others*:** 1. Changes in behavior or mood 2. Pulling away from social interactions 3. Not enjoying things they used to like 4. Physical symptoms like fatigue or weight changes 5. Expressing feelings of hopelessness or despair ***What to Do*:** 1. Encourage them to get help from a pro 2. Listen without judging them 3. Offer emotional support and help with daily tasks 4. Learn more about depression so you can understand what they're going through Diabetes Management and Prevention Strategies: ****Preventative Measures**** 1. Regular exercise 2. Quit smoking 3. Sun protection 4. Vaccinations (HPV, Hepatitis B) 5. Regular screenings ****Recommended Resources**** 1. American Cancer Society (ACS) 2. Counselling Association Of Zambia CAZ 3. Cancer Research UK 4. World Health Organization (WHO) 5. Local cancer support groups ****Cancer Statistics**** * 18.1 million new cases worldwide (2020) * 9.6 million cancer-related deaths worldwide (2020) ****Current Diabetes Situation**** There is no known cure for diabetes. However, proper management and lifestyle changes can control blood sugar levels and prevent complications. 1. Complications of Diabetes 2. Diabetic Comorbidities 3. Mental Health Risks Diabetes can lead to several long-term complications, including cardiovascular disease, nerve damage, kidney damage, eye damage, and foot damage. Additionally, people with diabetes are at increased risk of cognitive impairment, stroke, and dementia. Other risks associated with diabetes include hearing loss, skin conditions, gum disease, erectile dysfunction, and an increased risk of infections. Symptoms of diabetes can include increased thirst and urination, fatigue, blurred vision, slow healing of cuts and bruises, and tingling or numbness in the hands and feet. Risk factors for developing diabetes include family history, obesity, physical inactivity, age over 45, and ethnicity. To prevent and manage diabetes, it is essential to follow a healthy diet, engage in regular exercise, maintain a healthy weight, monitor blood sugar levels regularly, and take medications as prescribed. Untreated or poorly managed depression can have life-threatening consequences, including an increased risk of suicide and physical health problems such as cardiovascular disease and weakened immune systems. Depression is treatable and can significantly reduce risks when treated early. It's a shared public health problem that affects people across all ages and backgrounds. Mental health should be taken seriously, and more training for healthcare practitioners is needed, along with increased government funding for mental health services. According to the World Health Organization (WHO), over 300 million people worldwide suffer from depression, and it's the leading cause of disability globally. Depression can affect anyone, regardless of age, socioeconomic status, or background. Recognizing the signs of depression is crucial. These include persistent feelings of sadness, loss of interest in activities, changes in appetite or sleep patterns, difficulty concentrating, and physical symptoms like headaches. Support and resources are available, including mental health counselling associations and professionals such as therapists, psychologists, and psychiatrists. Breaking the stigma surrounding depression requires education, open conversations, support for those affected, advocacy for mental health resources, and sharing personal experiences to raise awareness. Remember, depression is a treatable medical condition, not a sign of weakness or something to be ashamed of. It's a serious mental health issue that requires help. If you're struggling with depression, reach out for support. you are useless and worthless in life and by doing so your value integrity dignity is tarnished and becomes valueless. Its unfortunate that as long as money keeps coming some women dont care how useless they become they are willing to open their legs for whoever comes to them for sex as far as money is involved. listen, someday you wont be attractive anymore and the money will stop coming, the beauty will diminish, sister your body is the temple of god place value on it. dont allow men to turn you into a restaurant where they come eat pay and then go, be responsible There are two primary forms of counseling: Psychosocial Counseling and Public Health Counseling. These differ in focus, approach, and goals. 1. ****Psychosocial Counseling****: - Focuses on individual or group counseling to address mental health, emotional, and social issues. - Emphasizes personal growth, empowerment, and coping skills. - Addresses issues like trauma, relationships, and community integration. - Typically occurs in private practice, community settings, or social services. - Goals: Improve mental health and well-being, enhance coping skills and resilience, support personal growth and development. 2. ****Public Health Counseling****: - Focuses on prevention, education, and community-level interventions to promote health and well-being. - Emphasizes population-level approaches, policy development, and environmental changes. - Addresses health disparities, health promotion, and disease prevention. - Typically occurs in government agencies, community organizations, or health departments. - Goals: Prevent disease and promote health, reduce health disparities, develop policies and programs supporting health and well-being. Key differences exist between the two approaches: - ****Focus****: Psychosocial counseling focuses on individual or group counseling, while public health counseling focuses on population-level approaches. - ****Goals****: Psychosocial counseling aims to improve mental health and well-being, while public health counseling aims to prevent disease and promote health. - ****Settings****: Psychosocial counseling often occurs in private practice or community settings, while public health counseling typically occurs in government agencies or health departments. Both forms of counseling complement each other. Counselors may work in both areas or integrate elements of each in their practice. JOIN COUNSELLING ASSOCIATION OF ZAMBIA-CAZ NOW AND AVOID MISSING OUT ON OPPORTUNITIES! IT'S ONLY K500 TO BECOME A FULL MEMBER. LET'S WORK TOGETHER TO ENSURE EVERYONE HAS ACCESS TO EMPLOYMENT AND SUPPORT. IT'S REALLY DISAPPOINTING TO SEE PEOPLE LEFT BEHIND. 1. Psychosocial Counselling 2. Social Work 3. HIV Management 4. Clinical Counselling 5. Forensic Psychology 6. Criminal Psychology 7. Trainer of Trainers 8. Counselling Supervisor 9. ART Management 10. Nursing Assistant 11. Home Health Care Assistant * With our courses, you can work abroad as a member of Counselling Association Of Zambia-CAZ. * Online classes are available at your convenience. * Our location is in Meanwood Ndeke, Lusaka. * Contact us on 0977878262 for registrations. * Recruitment is around the corner. Join Counselling Association Of Zambia-CAZ as a member. * Whatsapp us on 0973360805 to register. * Don't be left behind - join CAZ and take advantage of our opportunities. * We need people from specific provinces as district coordinators. * These include Central Province, Southern Province, Chirundi, Siavonga, Mansa, and Kasama. * You must be a fully paid-up CAZ member and have a background in counselling, psychology, social work, teaching, human resources, nursing, medicine, or clinical officer.